

## ABSTRACT

There are provided an information recording device and method capable of forming a recording mark of an appropriate shape 5 by effectively preventing generation of thermal interference. The information recording device applies a laser beam to a recording medium and forms a recording mark in accordance with a recording signal. The information recording device includes a light source for emitting the laser beam, signal generation means for generating 10 a recording pulse signal according to the recording signal, and drive means for driving the light source according to the recording pulse signal. The recording pulse signal has a mark period for forming the recording mark and a space period not forming the recording mark. The recording pulse signal makes the level in 15 the entire space period equal to or shorter than a predetermined length and a part of the space period longer than the predetermined length to be off level. While the recording pulse signal is off level, the recording medium is cooled down, thereby suppressing the affect of thermal interference.